

# Group Exercise and SilverSneakers®

## March 2017

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30 a.m.</b>			SilverSneakers® Circuit*		SilverSneakers® Circuit*		
<b>9 a.m.</b>							Yoga Core
<b>9:30 a.m.</b>		SilverSneakers® Circuit* Pickleball	Turf Time for Toddlers SilverSneakers® Classic*	SilverSneakers® Circuit* Pickleball	Turf Time for Toddlers SilverSneakers® Classic*	Pickleball	
<b>10:30 a.m.</b>		SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*		ZUMBA® Gold
<b>5:30 p.m.</b>		Vinyasa Flow I Cardio Kickboxing	Yoga Stretch	Pilates R.I.P.P.E.D.			
<b>6:45 p.m.</b>		Vinyasa Flow II ZUMBA®	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA®		

\*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

### Excel Tae Kwon Do

**Beginner—**  
Tuesdays and Thursdays, 5:30–6:30 p.m.

**Advanced—**  
Tuesdays 6:45–7:45 p.m. and  
Thursdays, 5:30–6:30 p.m.

**April 18–May 25 • For all ages.**  
**\$50 • Register by April 23.**

*This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.*

### SilverSneakers®

*To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk.*



### Silver&Fit®

The Twin Lakes Recreation Center is now a Silver&Fit® participating fitness facility! Silver&Fit® is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit® provides eligible members with no-cost or low cost fitness memberships.

If your health plan offers Silver&Fit® and you would like more information about the TLRC, please contact the front desk or call 812-349-3720.

You may also visit Silver&Fit® at [www.SilverandFit.com](http://www.SilverandFit.com). Silver&Fit® is a federally registered trademark of American Specialty Health Incorporated.

### Group Exercise trial week Spring II session

Try any class for free  
April 17–23.

The Spring II session runs through May 28.



**TWIN LAKES RECREATION CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

1700 W. Bloomfield Rd.  
812-349-3720

#### Hours:

Mon.–Fri.: 6 a.m.–10 p.m.  
Sat.–Sun.: 7 a.m.–10 p.m.



*Twin Lakes Recreation Center*

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# Free, Ongoing Programs for Adults (ages 50 yrs. and up) March 2017

The Lower Level is open Monday–Friday from 8 a.m.–3 p.m.  
It is closed Saturday and Sunday except for reservations and scheduled activities.  
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

Participation in these programs is free and TLRC membership is not required.  
For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>10:30 a.m.</b>	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German

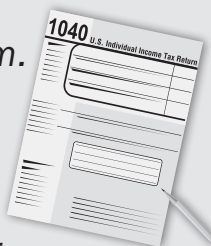
## ADDITIONAL ACTIVITIES

### AARP Tax Aide

#### Free Tax Help

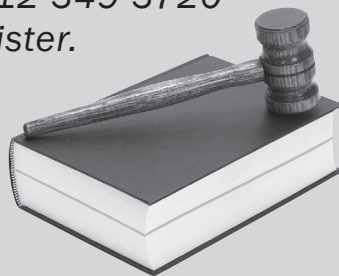
W, 9 a.m.–3 p.m.  
Th, 2–6 p.m.

For more  
information,  
call Ron Sharer  
at 812-272-7411 or visit  
[aarp.org/money/taxes/  
aarp\\_taxaide](http://aarp.org/money/taxes/aarp_taxaide).



### Legal Counseling

March 6 • 3 p.m.  
by Atty. Tom Bunker  
Call 812-349-3720  
to register.



### Pickleball

M, W, F • 9:30 a.m.–1 p.m.  
Court 4

TLRC or SilverSneakers®  
membership or  
purchase of a  
daily admission  
pass is required  
to participate.



### Breakfast Bash

March 23  
8:30–10 a.m.

Registration required.  
Call 812-349-3720  
to register.

Sponsored by  
Hearthstone Health Campus

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